

- ✓ Vaccinations
- ✓ Annual Check-ups
- ✓ HIV TEST

The CDC\* now recommends that everyone ages 13 to 64 be tested for HIV at least once as part of their regular health care. Ask your health care provider to test you.



*“But I’m not at risk.  
Why should I get tested?”*

- ◆ You could have HIV and not know it.
- ◆ Knowing can protect your loved ones —and even save your life!
- ◆ If you do have HIV, you can get treatment to help you live a longer, healthier life.
- ◆ It’s quick and easy.

\*Centers for Disease Control and Prevention

**Ask for  
an HIV test.  
It’s good to know.**

